


Good to Know

21st May 2021

Working with Families News

News:	For more info:
Up-to-date local information on COVID-19 restrictions can be found on Council's website	Sandwell Latest
<p>Would you like to become a Changes Parenting Practitioner and support families with children aged 0-19? Book a place and receive high quality resources to support you in helping parents develop skills in managing behaviour, communicating effectively, routines, online safety and much more.</p> <p>Simply log onto the booking page and sign up for the core and common course and then select either one or more of the specialist age ranges. The training is currently free. All resources will be posted beforehand. MORE DATES NOW ADDED</p>	https://bookwhen.com/parentsupport
<p>Changes Antenatal is being offered as both a three-week virtual course and as a distant-learning programme. If you know anyone who lives in Sandwell and is expecting a baby encourage them to book a place. Check out the sessions for Grandparents-to-be too!</p>	https://bookwhen.com/changes
<p>Citizens Advice have now made it easier to get in touch by offering a local number where customers will be connected to their own debt adviser. By calling you could get "breathing space" (a time to get your debts sorted out); up to 60 days by talking to a debt advisor.</p>	Call a debt adviser on 0121 726 6745 or email debt.advice@citizensadviceandwell-walsall.org
<p>SCAMchampions are Friends Against Scams who want to do more. SCAMchampions host awareness sessions to recruit Friends and drive Friends Against Scams forward in their communities or workplace. SCAMchampions attend an additional session to give them a fuller understanding of the laws surrounding scams and some presentation tips.</p>	Please visit this page to find out how to become a SCAMchampion: https://www.friendsagainstscams.org.uk/become-a-scamchampion?mc_cid=589c89b1dc&mc_eid=e7968ccab1
The Confederation of Bangladeshi Organisations are delivering a free ten-week Diabetes Physical Activity Classes , starting from Wednesday 2nd June 2021, 9.30am to 11am. Please see poster attached.	 <p>Diabetes UK Get Moving Programme</p> <p>If you know anyone who could benefit, please contact Dilara Begum (Outreach Project Officer) on 07547635976</p>

<p>The NSPCC has released figures which show that, since April 2020 the Childline service has carried out 73,088 counselling sessions with children and young people about mental or emotional health, 5,646 of which were sessions with children aged 11 or under, an increase of 29% when compared to the previous year.</p>	<p>The full report is on: https://www.nspcc.org.uk/about-us/news-opinion/2021/children-counselling-sessions-covid-pandemic/</p>
<p>The National Autistic Society has produced a guide that explores safeguarding and child protection with specific reference to autistic young people. It outlines what all professionals should consider when they have concerns about a young person's welfare or safety. The material draws on national statutory guidance.</p>	<p>Download a copy on: https://www.autism.org.uk/shop/products/books-and-resources/safeguarding-young-people</p>
<p>Get psychological first aid (PFA) training and help people with different needs to cope with the emotional impact of COVID-19. You will be provided with the knowledge to understand psychological first aid, understand how emergencies impact mental health and gain valuable skills which will help you to Prepare, Look, Listen to help support you and others</p>	<p>https://www.futurelearn.com/courses/psychological-first-aid-covid-19?utm_campaign=fl_bau&utm_medium=email&utm_source=marketing&utm_term=201106_GNL_UK&utm_content=copy#section-dates</p>
<p>If you or someone you know has recently used local maternity service and would like to help shape and improve services for the future, then the Sandwell and West Birmingham Maternity Voices Partnership would like to hear from you. The meeting date will be Wednesday June 9th at 10.30am (postponed from May).</p>	<p> SWB https://www.facebook.com/SandwellWestBhamMVP/</p>
<p>Snapchat has recently introduced some new privacy settings. Find out about the app and all it's features on this Parentzone Guide.</p>	<p>https://parentzone.org.uk/article/snapchat-everything-you-need-know-about-social-media-platform</p>
<p>The new and refurbished Oldbury Local and Oldbury Library are re-opening on 1 June. The Oldbury Local (formally the One Stop Shop), will re-open daily between 10am-2pm. (The library will also open on Saturday's between 10am-2pm). Oldbury Library has moved from Jack Judge House into Oldbury Local.</p>	<p>Library customers will be able to access books via reserve and collect by visiting www.sandwell.gov.uk/librariesonline</p>
<p>Register your interest in becoming a volunteer at the Commonwealth Games 2022 in Birmingham. Applications open in June.</p>	<p>https://www.birmingham2022.com/get-involved/volunteering/</p>
<p>If you would like to promote services or information in this newsletter or share a good news story, please contact the team.</p>	<p>Parent Support Team parent_support@sandwell.gov.uk</p>